Idaho Child Nutrition Programs

Recipe: 900002 Flew the Coop Tortilla Soup 9-12
Recipe Source:
Recipe Group: ENTREES

Alternate Recipe Name:
Number of Portions: 100
Size of Portion: 1 1/2 cups

Recipe HACCP Process:

011282 ONIONS,RAW..... 902450 Cilantro, Fresh..... 902446 USDA Black Beans #100359..... 011980 PEPPERS,CHILI,GRN,CND..... 902448 USDA Cheese, Mozzarella, LMPS, Loaves 100022...	12 2/3 LB, chopped 2 CUP 3 5/8 # 10 Can 1/2 #10 can 3 1/8 LB	Prepare Ingredients: Dice onions. Chop cilantro. Drain and rinse black beans. Drain green chilies. Shred mozzarella cheese.
902451 USDA Oil, Vegetable, 1 Gal 100439..... 902453 Green Pepper, Diced, Frozen..... 799903 GARLIC,GRANULATED..... 002009 CHILI POWDER..... 799902 CUMIN,GROUND..... 902449 Chipotle Chili Pepper, dried, ground..... 002047 SALT,TABLE..... 002030 PEPPER,BLACK..... 902455 USDA Tomato Paste, NSA, Canned, #10 100327..... 902456 Chix broth, low sodium..... 902457 USDA Diced Chicken Meat (Processed)..... 902458 USDA Carrots, Frozen, Sliced, 30# 100352..... 902447 USDA Corn, Frozen, Whole Kernel, 30# 100348..... 902459 USDA Tomatoes, Diced, NSA, CND, #10 100329.....	1/4 CUP 6 7/8 LB 1/4 CUP 1/2 CUP 1/4 CUP, whole 2 TSP 3 TBSP 3 TBSP, ground 3/8 CUP 4 GAL 9 3/8 LB 5 1/8 LB 4 1/2 LB 1/2 # 10 Can	Prepare Soup: Heat oil in a large pot. Add onions, green peppers, garlic, chili powder, cumin, chipotle chili pepper seasoning, salt and pepper. Heat until onions are opaque. Add tomato paste and stir until well incorporated into the vegetables. Add chicken broth, beans, diced chicken, carrots, corn, diced green chilies, and undrained tomatoes in juice. Bring to a boil, reduce heat and simmer for 30 minutes.
902460 Tri-Color Tortilla Strips.....	12 1/2 CUP	Serve Soup: Place 1 1/2 cups of soup in each bowl. Top with 2 tbsp. (7 g) tortilla strips, 1/2 ounce of cheese and 1 tsp. of chopped cilantro.

*Nutrients are based upon 1 Portion Size (1 1/2 cups)

Calories	279	kcal	Cholesterol	48.01	mg	Protein	23.47	g	Calcium	*139.99*	mg	25.98%	Calories from Total Fat
Total Fat	8.06	g	Sodium	485.51	mg	Vitamin A	*64.99*	RE	Iron	*2.27*	mg	8.05%	Calories from Saturated Fat
Saturated Fat	2.50	g	Carbohydrates	29.55	g	Vitamin A	*401.65*	IU	Water¹	*51.30*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	6.79	g	Vitamin C	*9.34*	mg	Ash¹	*0.86*	g	42.35%	Calories from Carbohydrates
												33.64%	Calories from Protein

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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	2.000 oz					? - Milk
Grain.....	oz					? - Egg
Fruit.....	cup					? - Peanut
Vegetable.....	1.000 cup					? - Tree Nut
Milk.....	cup					? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011282	ONIONS,RAW			
I	902450	Cilantro, Fresh			
I	902446	USDA Black Beans #100359			
I	011980	PEPPERS,CHILI,GRN,CND			
I	902448	USDA Cheese, Mozzarella, LMPS, Loaves 10002			
I	902451	USDA Oil, Vegetable, 1 Gal 100439			
I	902453	Green Pepper, Diced, Frozen			
I	799903	GARLIC,GRANULATED			
I	002009	CHILI POWDER			
I	799902	CUMIN,GROUND			
I	902449	Chipotle Chile Pepper, dried, ground			
I	002047	SALT,TABLE			
I	002030	PEPPER,BLACK			
I	902455	USDA Tomato Paste, NSA, Canned, #10 100327			
I	902456	Chix broth, low sodium			
I	902457	USDA Diced Chicken Meat (Processed)			
I	902458	USDA Carrots, Frozen, Sliced, 30# 100352			
I	902447	USDA Corn, Frozen, Whole Kernel, 30# 100348			
I	902459	USDA Tomatoes, Diced, NSA, CND, #10 100329			
I	902460	Tri-Color Tortilla Strips			

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